

## **Making Recovery Real in Moray Partnership Meeting**

Wednesday 27<sup>th</sup> April 2022 14:00 – 15:30

**Present:** Heidi Tweedie (Moray Wellbeing Hub), Carol Smith (Moray Wellbeing Hub), Ailsa Innes (Health & Social Care Moray), Eileen Rennie (Health & Social Care Moray), Shawn Pignon (Quarriers), Iain MacDonald (Health & Social Care Moray), John Beaton (Scottish Recovery Network), Kirsteen Pyett (Health & Social Care Moray), Susan Thom (Health & Social Care Moray), Joan Hogg (Health & Social Care Moray), Kirsteen Carmichael (Health & Social Care Moray); Anne Grant (Aberlour Youthpoint Moray)

**Apologies:** Fiona Imlach (Quarriers), Anne Pendery (Circles); Martin Kirwan (Mental Health & Suicide Prevention); Tracy Grant (SAMH), Eilidh Brown (TSi Moray)

**Chair:** Iain MacDonald

**Minutes:** Carol Smith

**Organisations / Perspectives formally represented (strike through not in attendance at meeting):**

Lived experience of MH challenges.

- adult perspectives.

~~tsi~~MORAY

~~Police Scotland~~

~~DBI Service (Penumbra)~~

Scottish Recovery Network

~~Circles Advocacy~~

SAMH

REAP

~~Children 1<sup>st</sup>~~

Quarriers Care Support Service Moray

~~North East Suicide Prevention Team~~

Moray Wellbeing Hub CIC

HSCM (Health & Social Care Moray)

— Commissioning

- MH social work

- Psychological services

- Public Health Coordination

- Mental Health Practitioners

**Update to actions from last meeting to be complete by next meeting:**

- Share localities structure – Iain Macdonald – see 4.2
- How do we get everyone to promote pathways everyone to bring ideas to next meeting (Session to be focused on pathways) – All – defer to April meeting – see 3.1
- Pathways Statement – Heidi – defer to May meeting – see 3.1
- Connect with Paul J to share data and outcomes of Suicide Survey – Martin – minutes are with Pauls PA for finalising and distributing – see 3.2
- Supporting people while intoxicated and suicidal share Ayrshire model – Anne P – recurring
- Compare pathways to the HERE Caithness tool (and any others that achieve the aims). Defer to April meeting. Feedback welcome to [hello@moraywellbeinghub.org.uk](mailto:hello@moraywellbeinghub.org.uk) title MRRP Feedback. – carry forward to May

**Agenda for This Meeting:**

- Suicide Prevention and sharing guidance from data we now have – see 3.2
- Peer research update from partners – see 3.2
- Locality Planning – connections to communities/ lived experience – see 4.2
- Mental Health Practitioner role information to pathways – see 4.1

## Previous Meeting Minute:

Agreed in advance by email and amendments contact [carol@moraywellbeinghub.org.uk](mailto:carol@moraywellbeinghub.org.uk)

Public versions available at <https://moraywellbeinghub.org.uk/making-recovery-real/>

## Meeting Topics:

### 1. CHIME In

- Iain – locality manager HSCM – connectedness, attend many meetings, this one is something different for me, good to connect with others I wouldn't normally have the chance to,
- Susan – through work at Dr Grays, suggested I come along to get a greater understanding, have covid so not feeling quite right,
- Eileen – manage new MHW practice managers as well as primary psychology, new to CHIME, looking at meaning of it all,
- Ailsa – connectedness, usually get to this and hope, broke ankle after Hogmanay, back at work, this is me trying to reconnect, ever hopeful that there are new things happening, empowering about possibilities, but quite hard to keep on top of it all.
- John – network officer with SRN, empowerment, ourselves and Caithness cares, people at different stages, Dundee and Moray quite far on, Caithness could take some of this.
- Heidi – hope, so much emerging that is great, slight panic of not being on top of things, busy with one, missing another, how important this partnership really is, talk about the strategic things this afternoon, how can we make sure the IJB get what we are really doing,
- Kirsteen C – area PH coordinator in Moray – connectedness, haven't made last couple unfortunately,
- Kirsteen Pyett – social work team manager, have involvement with new MH W practioners, and primary care physcology , new MH service very new, another couple of months before team is in place, shaping identity and meaning in an uncertain challenging context, factors not all in place yet.
- Shawn – from Quarriers, new to Chime, connectedness, new to Moray and working with Quarriers,
- Anne – hope that I can get finger back on the pulse, looking to bring onto young people we work with in Moray.
- Joan – MH and W team coordinator, new to Chime too, connectedness, based in Aberdeen still, getting used to Moray and learning what's changed since last based there, looking forward to getting things going.
- Carol – connectedness and meaning, really enjoy these meetings.

### 2. Next Meeting Chair & Time Confirmation

Tuesday 5<sup>th</sup> July 2022 – time 10:30 – 12:00 to be chaired by TBC.

### 3. Actions outstanding

#### 3.1 Pathways Promotion - Heidi

- By using the term pathways we are referring to the discover pathways tool, wanted to have a development session on the pathways. Few things to be communicated.
- Kirsteen Pyett/ Eileen/ Joan – can write up new part re the new mental health and wellbeing practitioners new service. Carol and Heidi to set up questions to put to this team.
- Heidi shared understanding and promoting the discover pathways to wellbeing Moray tool flyer, also want to set up a video to help use these and promote, perhaps go round the team, e.g. as done by Heidi previously. These are integral to new service. Jean has been working with Eileen and Kirsteen so new workers have this to empower them, all us as partners need to be able to embed this also. Thinking eventually a leaflet and small video for facebook/ website. Banners are going up across Moray, Champions will be putting these up over next wee while.
- Shared figures from website, average 2-300 hits each month, same with young people, connected families - harmful to helpful - neurodiversity –
- Eileen involved with Street Pastors, could get banner on side of van used as safe space, could we connect with Street Pastors to have a chat with them around the local resources on pathways. ACTION
- Kirsteen C – Moray College big screen, healthpoint at Dr Grays, community Centres, GP services. possibly mobile bus.
- People to let us know how many they would like to start with, Ailsa – 50 for Pluscarden clinic
- John, had we thought about QR codes, we had before
- Kirsteen C – could also share on Dr Grays hospital brief for staff
- Kirsteen Pyett - would be good to have the MH and WB staff to be able to hand out pens and so on to the people who come for a recovery focused conversation
- Storage – for monstars and leaflets – e.g. healthpoint local point for storing things
- High Street – landlords can get reliefs if using space for e.g. promoting someone else, speak to Chamber of commerce. John will have a think.
- Web human had been very unwell but is now doing much better - e.g. removing oops message pages, does new service fit into this or do we need to think of a more relevant heading?
- John - Interesting to see the different pathways reflect who we attracting at our Meaningful May events!
- Shawn - would love to have a few things on hand at the Arrows office
- Thinking of videos added to pathways similarlily to Caithness, keep website fairly basic so to
- Can we have a development session with MRRP in a good few months to develop the pathways?
- Do we need different types of meetings, e.g. like last month?

- John - Chris Grant at Ability.net is the UK relationship manager and also based in Alness! He could help with accessibility on the website as you develop more content (video, etc)...they are groovy people and don't charge!
- Eileen Rennie – start of June with Martin Kirwan, problem is that cannot get premises for face to face for the ASIST courses, accommodation is the problem. Need two rooms, 16 participants, usually book via Moray Council. Anne Grant BEM – can offer rooms at Pinefield. No rooms at Bunbarney, what about Moray Sports Centre or Fleming Hospital in Aberlour.
- Running a mental health first aid open for booking – at cummingsstone/ greenbrae, please let anyone know if interested in attending this course
- John has mentioned the Meaningful May
- Pass on ideas re room bookings between partners
- Kirsteen – conversations re the new service this week, Joan looking to develop leaflet to take away from appt re next steps, can we join dots and use language on these, how do you make recovery real for yourself? wellness college info when reach this point, MRRP once reach other step in recovery.
- MWH to work with Joan to develop MRR action card

### **3.2 Suicide Survey/ Peer Research - Heidi**

- Suicide Prevention and Peer research update – links to Louise and Martin who could not make today, had some peer research lead by SAMH supporting people to develop skills.
- *note from apologies from Martin -“You'll note from the attached (appendix) that we're now looking at June (not April) for the first Moray ASIST course. In anticipation of that, I'm pleased to report that I had the opportunity to co-present an ASIST course in Oban a couple of weeks ago, this among the first few ASISTs in Scotland since before the pandemic. That 'refresher' will serve Eileen Rennie and me well when we start offering ASIST in Moray, as we did some years ago.”*
- MWH Trying to train people around parent and infant mental health, have recruited some parents to go around and speak with other parents.
- We may find people in the community when start to go out that want to get involved, those with lived experience. On MRR page have small cards that can pass to people to pass onto others – what can I do in my community.

## **4. This Meeting Agenda**

### **4.1 Mental Health Practitioner role information to pathways – Kirsteen Pyett**

- Mental Health and wellbeing Practitioner Service – GP point across moray – point of contact for people to discuss their Mental Health and Wellbeing – postholders won't have caseloads. Are about preventative measures, discussing early on to help people and put them in touch with community recourses out there. Recruitment has been

challenging for 5 posts, based on population numbers – next week 2 new picking up Maryhill and 2 Buckie practices, beginning of June – Keith and 1 day in Elgin, Linkwood has its cover. Brand new service, opportunity for creative and flexible working. Some things uncertain, mixed bag of understanding. Not mental health nurses, based on empowerment, taking on own journey, working on leaflets and documentation, looking to maximise on opportunities to communicate this to public. Hoping to do collaborative work with primary care psychology – awareness sessions, thinking about locality need, also want to offer consistency across the region. Biggest thing at the moment is the team members working on knowledge base of locality and what is available, making connections. This is an adult service 18+

- Heidi – reminder that there will be a health and wellbeing forum in person, Kirsteen Carmichael going to next one.
- Iain – Susan Johnstone – work in Forres offers a lot of opportunity.
- John – power of people known in the community meeting with them when trying to connect into community achieves much more meaningful results
- MWH Champions – could they be helpful to promote e.g., new service, peer support so helpful here.
- Kirsteen P – having a team away day, could hopefully invite some of MWH team so cover off some of our overlap in services
- Shawn – very new role within Arrows, keen to partner up where possible, looking to set up peer support groups

#### **4.2 Locality – Iain MacDonald**

- Have locality services in adult, children and LOIP.
- Discussing adult services and health and social care, encouraging people to be involved in their service planning, 10-year plan, Moray have had a couple of versions that haven't worked previously. This one came in just before covid, finding its feet now. There are 4 localities, manager for each, create boundaries that are not usually there, language doesn't necessarily fit with what people of communities feel, need to be mindful of this going into meetings. Language used by HSCM can vary with that used in the community. Draft plan by September. There will also be an oversight team created.
- HSCM Wellbeing Partnership – Heidi involved in this, will link into strategic model, has very varied members of this partnership. Next stage – something in Sept, a much clearer view by a years' time.
- HSCM – really trying to meaningfully get people together, would love people's views with lived experience.
- John happy to discuss civic engagement and public participation with any members of the partnership [john.beaton@scottishrecovery.net](mailto:john.beaton@scottishrecovery.net)
- Susan and Kirsteen C both involved in LOIP – Buckie and New Elgin East – focus in both, children and young people big part of these. Crossover with Iain will be beneficial.

#### **5. CHIME out**

- Iain – empowerment, feel a step in that direction, useful conversations.
- Shawn – connectedness, learning lots about what is going on in Moray

- John – hope and optimism, more and more seeing people taking a lead in their communities to make things happen and seeing services and people coming together gives me hope and optimism
- Heidi – meaning, great to involve so many people and do things that are very practical to realise strategy in Moray
- Anne – hope, new and old connections, not just for young people, for their parents too.
- Susan – optimism, really good meeting, feeling very optimistic about what’s going on and connections made,
- Joan – hope and optimism and connectedness, also feeling more empowered, learning new things about services, looking forward to working more with everyone and learning more
- Kirsteen C – hope and optimism, all working for same goal, lovely to hear about the new role and pushing the pathways, well done everyone,
- Kirsteen Pyett – echo what others said, consistent theme, people feel better by end of them, feeling connected and hope and optimistic.
- Ailsa – hope and optimism generated from meeting, lovely to meet everyone,
- Eileen – came in looking for meaning, well and truly serviced, leaving with connectedness, especially with Anne, looking forward to the next meeting.
- Carol – hope and meaning, exciting to be involved.

## 6. AOB – Actions for next meeting agenda

<b>Next Meeting:</b>	Tuesday 5 <sup>th</sup> July – time 10:30 – 12:00
<b>Next Chair:</b>	TBC
<b>Minutes:</b>	Carol Smith

<b>ACTION:</b>	<b>OWNER:</b>
Discover pathways/ monsters etc anyone wanting these get in touch with Carol	All
Using vacant space – opportunities around these, connecting with John, looking into this	Heidi
Investigating online MRR pages and pathways – any improvements can see	All
Various premises that can share knowledge of – e.g. ASIST	All
Link up with Joan re MRR action card	Heidi
Heidi and Carol to put questions to Joan re new role to create info on pathways	Heidi/Carol
Ideas for setting up video promoting discover pathways	All
Street pastors – info re use of banner on bus	Heidi/Eileen
Supporting people while intoxicated and suicidal share Ayrshire model – recurring	Anne P
Compare pathways to the HERE Caithness tool (and any others that achieve the aims). Defer to April meeting. Feedback welcome to <a href="mailto:hello@moraywellbeinghub.org.uk">hello@moraywellbeinghub.org.uk</a> title MRRP Feedback.	All

<b>PROPOSED AGENDA:</b>	<b>OWNER:</b>
1) Chime In/ Update on actions	All
2) Suicide Prevention and sharing guidance from data we now have	Martin/Louise
3) Events (some noted on teams chat to be shared)	All
4) Strategy for MRR – recap on this and Terms of reference, when do we need development sessions	Heidi
5) Chime Out	All